



TO: Athletic Directors - Classes 6A-5A
Principal - Classes 4A-3A-2A-A
FROM: Lenny Hatchett, Assistant Director
DATE: January 8, 2026
RE: 2025-26 Track

For all Track Coaches:

Enclosed are the 2025-26 National Federation Track and Field Rules Book, and a current list of sanctioned meets to date. Please review all the enclosed material carefully.

2025-26 Track and Field Manual

The 2025-26 Track and Field Manual can be found on our webpage at www.ossaa.com. Click on the “sports” link, and then click on “Track & Field”. The manual contains information and dates that you will need throughout the season. Most questions you might have can be answered in the manual. If you can’t find an answer, don’t hesitate to call our office. Please remember that there must be a certified official at all OSSAA sanctioned meets.

2026 National Federation Rules Book

Rule revisions for the 2026 season are highlighted throughout the National Federation Rules Book. Please take time to review the rules book, especially the changes for this season, and keep it in an area that’s easily accessible so that you can refer to it often. You are reminded to adhere strictly to the National Federation Track and Field rules during your invitational meets. This will help eliminate problems at the regional and state meets.

Classification

Schools have until January 15 to indicate their plans for a co-op agreement. Any changes in classification due to co-ops will be communicated on the OSSAA web site. Classification should be posted by January 16 on the OSSAA website.

Participation

High schools are limited to eight meets, three of which must occur when there is no loss of instructional time, including travel time. Junior high schools are limited to six meets, two of which must occur where there is no loss of instructional time, including travel time.

Regional Meets

Requests to host regional meets should be submitted online by February 4th. The request form can be found on the OSSAA website (www.ossaa.com) on the Track page.

OVER



Regional Entries

Regional entries must be posted on the Milesplit platform. Both the team roster and the regional entries must be posted to the platform by April 30 for classes 4A, 3A, 2A & A and by May 7 for classes 6A and 5A. More information to come soon.

State Rules Meetings

Each head coach is required to attend an OSSAA State Rules meeting for track and field. If the head coach does not attend a meeting, an online rules meeting will be available at www.ossaa.com by January 31. All head coaches must complete their state rules meeting by March 1. The penalty for failure to attend a state rule meeting or to complete an online rule meeting and provide proper documentation to the OSSAA office by the prescribed deadline will result in the school suspending the head coach for all interscholastic competition until the coach comes into compliance and proper documentation has been submitted and verified by the OSSAA. The following is a list of the rule's meetings and the dates. Times are listed below.

January 16, 17 – Grand Hotel & Resort-Shawnee (winter clinic) – visit www.ohst.com for clinic details
January 28 - ZOOM Rules Meeting – 7:15 p.m.

Varsity, Sub-Varsity and Sub-Varsity-Only

By definition, a Sub-Varsity-Only athlete has been deemed **ineligible** in some aspect of eligibility (almost always residence related: multiple transfers, dual residency non-compliance). Sub-Varsity-Only athletes are NOT participating at the Sub-Varsity-level based on ability level. Sub-Varsity-Only athletes are **ineligible** for varsity competition.

Since an activity/event is either a varsity activity/event or sub-varsity activity/event (NO activity/event can carry varsity status **AND** sub-varsity status simultaneously), sub-varsity only athletes **MAY NOT** compete in an activity/event that has varsity status. Sub-varsity-only athletes may only compete in activities/events that have sub-varsity status.

1. **Can a sub-varsity only track athlete run in the same heat as varsity runners at a varsity track meet as a member of a sub-varsity team entered in the meet?** No, a sub-varsity-only athlete is ineligible for varsity competition in an event that has varsity status.
2. **Can a sub-varsity only track athlete run in a sub-varsity heat at a varsity track meet as a member of a sub-varsity team entered in the meet?** Yes, a sub-varsity athlete is eligible to participate since the heat has designated sub-varsity.

State Meet Sites

Classes A & 2A – May 8-9 at Western Heights

Classes 3A & 4A – May 8-9 at Catoosa

Classes 5A & 6A – May 15-16 at Western Heights

Please call if you have questions about the upcoming season and good luck to all!



Sanctioned Events

Begin	End	Host School	Boy/Girl	Level	Approval / Date	Other States
Track						
3/10/2026	3/10/2026	CANEY VALLEY <i>Caney Valley JH Track Meet</i>	Both	Junior	Y	10/20/2025
3/12/2026	3/12/2026	VELMA-ALMA <i>Velma Alma Track Invitational</i>	Both	Senior	Y	1/6/2026
3/26/2026	3/26/2026	MADILL <i>Madill Junior High Invitational</i>	Both	Junior	Y	11/7/2025
3/26/2026	3/26/2026	OOLOGAH-TALALA <i>Oologah HS/MS Track Invitational</i>	Both	Both	Y	12/17/2025
3/27/2026	3/27/2026	SOUTHMOORE <i>Southmoore Relays</i>	Both	Senior	Y	10/27/2025
3/27/2026	3/27/2026	MADILL <i>Madill High School Invitational</i>	Both	Both	Y	11/7/2025
3/30/2026	3/30/2026	SWEETWATER <i>Sweetwater Bulldog Invitational</i>	Both	Junior	Y	12/4/2025
4/2/2026	4/2/2026	SWEETWATER <i>Sweetwater Bulldog Invitational</i>	Both	Senior	Y	12/4/2025
4/9/2026	4/9/2026	ADA <i>Jerry & Murr Naylor Invitational</i>	Both	Junior	Y	10/20/2025
4/9/2026	4/9/2026	CHICKASHA <i>Chickasha High School Track Meet</i>	Both	Senior	Y	12/5/2025
4/10/2026	4/10/2026	ADA <i>Dorsey Reirdon Relays</i>	Both	Senior	Y	10/20/2025
4/13/2026	4/13/2026	LAVERNE <i>Laverne Elementary/Middle School Invitational Track Meet</i>	Both	Junior	Y	8/19/2025
4/13/2026	4/13/2026	VINITA <i>Vinita MS Relays</i>	Both	Junior	Y	9/3/2025
4/16/2026	4/16/2026	CHICKASHA <i>Chickasha Middle School Track Meet</i>	Both	Junior	Y	12/5/2025
4/16/2026	4/16/2026	VELMA-ALMA <i>Velma Alma 7th & JH Meet</i>	Both	Junior	Y	1/6/2026
4/17/2026	4/17/2026	VINITA <i>Hornet Relays</i>	Both	Both	Y	9/3/2025
4/17/2026	4/17/2026	LAVERNE <i>Laverne HS Invitational Track Meet</i>	Both	Senior	Y	8/19/2025
4/21/2026	4/21/2026	VINITA <i>Vinita HS Relays</i>	Both	Senior	Y	9/3/2025
4/23/2026	4/23/2026	PRAGUE <i>Prague JH Track Meet</i>	Both	Junior	Y	1/6/2026



Sanctioned Events

Begin	End	Host School	Boy/Girl	Level	Approval / Date	Other States
4/24/2026	4/24/2026	PRAGUE <i>Prague HS Track Meet</i>	Both	Senior	Y	1/6/2026
4/25/2026	4/25/2026	MADILL <i>Lake Country Conference Championships</i>	Both	Both	Y	11/7/2025
4/28/2026	4/28/2026	VELMA-ALMA <i>Velma Alma Track Comet Invitational</i>	Both	Senior	Y	1/6/2026

EMERGENCY ACTION PLAN

SPORT: _____

YEAR: _____

1. FIRST TO ARRIVE ON THE SCENE PROVIDES FIRST AID.
2. SEND A COACH, MANAGER, OR UNINJURED ATHLETE TO NOTIFY THE ATHLETIC TRAINER (ATC) AND GET THE AED (IF NOT ON-SITE).
3. IF THE ATC CAN NOT BE LOCATED, THE HEAD COACH WILL BECOME THE LEADER.

LEADER: _____

- Will be in charge of the emergency situation and will instruct all others on the emergency team

LEADER'S ASSISTANT: _____

- Will assist the leader in the evaluation of the injured athlete

PHONE CALLER: _____

- Will go to the nearest phone and activate the EMS
- Will inform the dispatcher of:
 - o The nature of the injury and age of the athlete
 - o The location of the athlete and directions to the site
 - o Will not hang up until the dispatcher advises him/her to do so

NEAREST PHONE: _____

AMBULANCE ENTRANCE: _____

PERSON TO MEET THE EMS: _____

- Will contact any necessary staff to assure access for the ambulance
- Will meet the ambulance at the designated entrance and lead them to the injured athlete

PERSON TO ACCOMPANY ATHLETE TO HOSPITAL: _____

- Will ride with the athlete in the ambulance in the event the parents cannot be located
- Will take the athlete's emergency info to the hospital

- * It is the certified athletic trainer or coach's responsibility to inform the administrator of the incident
- * It is the certified athletic trainer or coach's responsibility to inform the athlete's parents of the injury immediately.
- * It is the certified athletic trainer's responsibility to document the circumstances surrounding the activity and all actions taken.
- * Emergency medical info for each athlete is to accompany the team at all times.

EMS (Fire, Police, Ambulance): 911

Athletic Department:

Any High School:

Athletic Training Room:

ATC:

Site contact:

Nearest Hospital:



EXTREME HEAT POLICY (Pending Board Approval August 13, 2025)

The OSSAA recognizes that exertional heat related illness is the leading cause of preventable death in high school students participating in activities. The Board adopted the following policies:

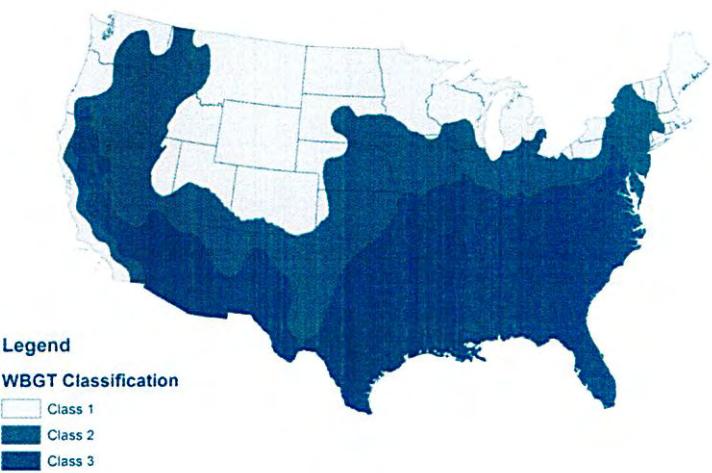
- All athletic coaches are required to view *A Guide to Heat Acclimatization and Heat Illness Prevention* at www.NFHSLearn.com, annually. A certificate of completion shall be kept on file for each coach or Marching Band Director at the member school. All marching band staff must view the Band Safety course on www.NFHSLearn.com.
- Preseason practice shall be limited to 2 1/2 hours per session with a minimum of one hour between practice sessions. No more than 5 hours of practice per 24-hour period will be allowed. There will be no physical activity during the one-hour rest period. Any time a coach is present during football practice, the time will count toward the maximum 5 hours, except for strength training.
- If a practice session is interrupted by inclement weather or heat restrictions, and it is required the session be divided for the good of the student-athlete's welfare the total practice time for the interrupted session may not exceed 2 1/2 hours.
- When multiple practices are conducted in the same day, it is required that either practice not exceed 2 1/2 hours in length and students do not participate in more than five total hours of practice activities, including walk-through sessions. Warm-up, stretching, cool down and conditioning activities are included as part of the practice time.
- Practices should be separated by at least one hour, where there is no physical activity between the end of the first practice and the beginning of the second practice.

Wet Bulb Globe Temperature (WBGT) Policy

Wet Bulb Globe Temperatures (WBGT) guidelines dictate modifications in activity (work: rest ratios, hydration breaks, equipment worn, length of practice) at given WBGT temperatures to prevent Exertional Heat Stroke. The below table represents modified guidelines regarding:

1. The scheduling of practices at appropriate WBGT levels
2. The ratio of workout time to time allotted for rest and hydration at various WBGT levels.
3. The WBGT levels at which practice, and workout conditions should be terminated.
4. OSSAA member schools shall utilize WBGT to monitor practice and workout conditions and modify activity as outlined in the chart below:

WBGT Activity Guidelines		
Region 2	Region 3	Activity Guidelines
< 79.7	< 82.0	Normal Activities – Provide at least 3 separate rest breaks each hour with a minimum duration of 3 min each during the activity.
79.7 – 84.6	82.0 – 86.9	Use discretion for intense prolonged exercise; Provide at least 3 separate rest breaks each hour with a minimum duration of 4 min each.
84.7 – 87.6	87.0 – 90.0	Maximum practice time is 2 hours. FOR FOOTBALL: Players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing into shorts. FOR ALL SPORTS: Provide at least 4 separate rest breaks each hour with a minimum duration of 4 min each.
87.7 – 89.7	90.1 – 92.0	Maximum practice time is 1 hour. FOR FOOTBALL: No protective equipment may be worn during practice, and there may be no conditioning activities. FOR ALL SPORTS: There must be 20 min of rest breaks distributed throughout the hour of practice.
> 89.8	> 92.1	No outdoor activity. Delay activity until a cooler WBGT is reached.



WBGT Means and Methods of Measurement when practices are outside in WBGT of 82.0 or higher.

OSSAA member schools shall utilize a scientifically approved instrument that measures WBGT or other scientifically proven methods, such as an internet-based weather station software or application, to monitor the WBGT.

- Devices, internet-based weather stations, mobile applications
- Kestrel 5400
- Perry Weather, Earth Networks, or other onsite weather station services measuring WBGT.
- <https://www.mesonet.org/weather/human-comfort/wet-bulb-globe-temperature-risk>
- <https://www.convergence.unc.edu/tools/wbgt>
- Zelus WBGT (phone app)
- Heat Safety: Heat Index & WBGT (phone app)

If utilizing an on-site instrument, the instrument should be set up 30 minutes prior to practice and should be read 15 minutes prior to the start of practice.

If utilizing an internet-based application, the WBGT should also be checked at the 15-minute mark prior to practice. WBGT readings should be taken every 30 minutes during practice.

When there is a change in WBGT from one level to the next, responsible modifications to practice activities should be made based on the above WBGT Activity Guidelines.

It is required that schools record and keep on file the WBGT temperatures associated for outside practices.

This should be done before and during outside practices.

Practices are defined as the time that a participant engages in a coach/director-supervised, school-approved sport. “Practice” means the act of school personnel directly or indirectly giving individual or team instruction concerning fundamentals, conditioning activities, training, and workouts.

Practices are timed from when players report to the outside practice/workout area until the players leave the area.

Plans & Procedures for the Prevention of Exertional Heat Related Illness

Each member school’s emergency action plan must include procedures to address exertional heat emergencies that include onsite rapid cooling using cold-water immersion or equivalent means.

Rapid cooling zones must be available for each outdoor athletic and marching band contest, practice, workout, or conditioning session that is held in WBGT of 82.0 degrees or higher. Rapid cooling zones are required to have immediate availability of cold-water immersion tubs or tarps that can be filled with ice and water and wrapped around individuals to rapidly cool internal body temperature (TACO method) and are encouraged to include a combination of the following options: ice sponges, towels, water misters, and shade. The presence of an employee or volunteer trained to administer cold-water immersion is recommended.

Coaches must adopt a heat injury prevention philosophy by always promoting unrestricted access to water and a student- athlete should never be denied access to water.

Rest breaks must involve unlimited hydration intake and rest without any activity involved.

For football, helmets should be removed during rest time.

Competitions & Modifications to Competitions

WBGT practice guidelines and limitations do not apply to OSSAA competitions, but it is recommended that schools monitor WBGT conditions prior to and during the competition and use appropriate recommendations for modifying these types of contests.

Any contest played in WBGT of 82.0 degrees or higher must always have a rapid cooling zone on site and available to allow for full body, rapid cooling of athletes experiencing exertional heat illness.

It is recommended that additional appropriate and responsible modifications to contests are made as needed to keep participants safe.

Modifications that potentially can be made include but are not limited to:

Football:

- If kick off WGBT is in the **RED (90.1 – 91.9)** – A mandatory hydration break should take place at approximately the 6-minute mark of each quarter until the WBGT level is **ORANGE (87.1-90.0)**
- The hydration break will last 3 minutes, and all players will remove their helmets and go to the sideline for a break. No coaches allowed on the field.
- **If kick off WBGT is in the BLACK (>92.1)** – A mandatory hydration break should take place at approximately the 4 and 8-minute mark of each quarter until WBGT levels fall into **ORANGE (87.1-90.0)** level.
- The hydration break will last 3 minutes, and all players will remove helmets and go to the sidelines. No coaches allowed on the field.

Cross Country:

- When in competition and the WBGT is in the **RED (90.1-91.9)** or **BLACK (>92.1)** at least 2 hydration stations should be placed on the racecourse as well as the finish line.

Fall Baseball / Fast Pitch Softball:

- When in competition and the WBGT is in the **RED (90.1-91.9)** or **BLACK (>92.1)**, umpires and catchers should have a 3-minute hydration break starting in the bottom half of the second inning thru the rest of the contest or when the WBGT levels fall into **ORANGE (87.1-90.0)** level.

SPORTSMANSHIP

The OSSAA's vision for sportsmanship is built on expectations. Expectations that the school community—administrators, teachers, coaches, students, and patrons strive for displaying only positive behavior and good sportsmanship in everything they do at all interscholastic contests.

As educators we have the unique opportunity to teach the value of discipline, dignity, integrity, fairness and respect to young people each day.

We encourage all school personnel to take advantage of the opportunity and make a lasting difference.



**ENSURING GOOD SPORTSMANSHIP AT OSSAA MEMBER SCHOOLS REQUIRES THE
RESPONSIBILITIES OF DIFFERENT GROUPS BE COORDINATED AND CARRIED OUT AT EACH
CONTEST INVOLVING SECONDARY LEVEL STUDENTS.**

1. **School Administration:** The responsibility for fan behavior resides with the participating school administrations from each participating school (combined with the host site security in neutral site contests). School administration must provide adequate supervision at the venue. Negative behavior targeting participants or officials must not be tolerated. Removal of non-compliant fans shall be managed by the administrative team. A report detailing the circumstances must be sent to the OSSAA anytime a fan is removed from a contest.
2. **Coaches:** Head coaches must communicate expectations for fan/parent, and player behavior. Communications should include consequences for unruly fan/parent or player behavior and be shared with each player and the player's parent/guardian.
3. **Officials:** Officials shall, upon arrival at the contest, meet with on-site administration to ensure lines of communication are open and officials know where to find school administration should a problem arise outside the playing area. Under no circumstances should an official directly remove a person outside the playing area from the venue. The administrative team or designee will be responsible for removal of any fan.
4. **Participants:** Participants experiencing inappropriate behavior from other participants and/or non-participants during the contest must communicate those issues directly to their coaching staff to ensure identifiable issues are addressed by the administrative teams.